

### Active Aging

This class is aimed for seniors looking to improve mobility, strength, and coordination. Adaptable for those just starting, re-starting or looking to add to their current routine.

### Aqua Fit

This water-workout utilizes the buoyancy and compression of the water allowing you to work harder than you might on land, without the joint, muscle & tendon stress! All levels. Note: Some classes allow you to sign up for one of two options - shallow or deep water.

### Barre Mix

This class will shape leaner, longer muscles by using the ballet barre, body weight and props combined with Pilates moves. This full-body workout improves posture, strengthens glutes, tones stomach muscles, and increases flexibility. All levels.

### BodyCombat (Les Mills)

This fiercely energetic Les Mills program is inspired by mixed martial arts & draws from a wide array of disciplines such as Karate, Taekwondo, Tai Chi & Muay Thai.

### BodyPump (Les Mills)

This original Les Mill's barbell class will sculpt, tone and strengthen your entire body. Focusing on low weight loads & high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle.

### Cardio Dance

A simple, low impact dance-based program suitable for all levels & ages. This program provides a fun, aerobic workout that incorporates dance styles such as Latin, Hip Hop, Broadway, Belly Dance, Country & more. All levels.

### Cardio Pilates Mix

Get your heart rate up and sculpt all in one workout. Cardio and Pilates come together to burn more calories and build longer leaner muscles. Classes will focus on low weight loads and high repetition movements.

### Forever Fit

This class provides a variety of cardio conditioning, strength/flexibility, and functional training for everyday activities. Created for members looking to ease their way into fitness. All levels.

### Full Body Conditioning

Get back to the basics with a mix of strength, cardio, mobility, and flexibility. Adaptable for most fitness levels. All levels.

### Gentle Yoga

For beginners and those who want a gentle approach to yoga. A variety of supported and strengthening poses will be explored, along with a focus on conscious breathing. All levels.

### Hatha Yoga

This class focuses on well known yoga postures. Included are short sessions of centering meditation and an introduction to some of the best known yoga breathing techniques. Each class ends with relaxation pose. Class begins with a variety of warm-ups. We continue with standing asanas.. Often a vinyasa - a sequence of connected poses based on the many variations of sun salutations, follows. Towards the end of class we do some asanas on the floor, then close with relaxation pose.

### Iyengar Yoga

A safe, accessible & classical Indian style of yoga using introductory to advanced poses often with the use of props to develop strength, stamina, concentration & body alignment. This class is suitable for those new to yoga and also challenging for longtime students. All levels.

### Kripalu Yoga

A challenging approach to asana practice that emphasizes meditation and breathwork, and encourages inward focus and spiritual attunement. Transcend your day-to-day worries, aches, and pains and emerge calm, clear, and fully enlivened. All levels.

### Liquid Sculpting

Strengthen and tone your body with this pool class combining Pilates, cardio, and strength work. Use the buoyancy and compression of water to take the tension off of your joints while getting a great workout. All levels.

### Pilates Mat

This class incorporates the key principles of Pilates such as postural alignment, breathing, core stability, controlled movement and flexibility. This low-impact class is a challenging but safe way to sculpt your body. All levels.

### Pilates Mix

Create a strong, balanced body and increase your range of motion and flexibility with classic mat Pilates moves mixed with Yoga and props. Every exercise can be modified to decrease or increase the level of challenge. All levels.

### Spinning

The ultimate cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills – all while jamming out to an exciting, instructor-customized soundtrack. First-timers should arrive early for proper bike fitting. All levels.

### Vinyasa Yoga

This class is centered on stringing postures (Asanas) together, flowing from one move to another, seamlessly, using breath.

### Zumba®

We take the "work" out of working out by mixing low-intensity and high-intensity moves for an interval-style, calorie burning, dance fitness party. All levels.

#### \*Pilates Reformer

Pilates Reformer classes offer all the benefits of traditional mat Pilates while using a specialized piece of equipment called the reformer. The reformer is a bed-like frame with a flat platform on it, called the carriage, that rolls back and forth on wheels within the frame. The carriage is attached to one end of the reformer by a set of springs. Most Pilates reformer exercises involve pushing or pulling the carriage or holding the carriage steady as it is pulled on by the springs. Exercises can be done lying down, sitting, standing, pulling the straps, pushing the footbar, perched on the footbar, perched on the shoulder blocks, with additional equipment, upside down, sideways, and many other variations. The wide variety of exercises that can be done on the reformer promote strength, flexibility, and balance. These important aspects of fitness lead to better posture, and even potential relief from pain associated with physical imbalances and tension.



The best part of your day

## GROUP FITNESS SCHEDULE | NOVEMBER 2022

With class types and times available throughout the day, it's easy for you to get a great workout on your schedule with an energetic and fun certified instructor leading each class. Please note that classes identified with an asterisk have an additional fee. To enroll in additional fee classes, please see a staff member at the Membership Desk.



# Iyengar Yoga

A safe, accessible & classical Indian style of yoga using introductory to advanced poses often with the use of props to develop strength, stamina, concentration & body alignment. This class is suitable for those new to yoga and also challenging for longtime students. All levels. **Suzanne Rendahl brings this class back to RVC, starting November 1 (tuesdays) from 10-11:15am.**

### Club Hours

Monday	4:45 AM - 9:00 PM
Tuesday	4:45 AM - 9:00 PM
Wednesday	4:45 AM - 9:00 PM
Thursday	4:45 AM - 9:00 PM
Friday	4:45 AM - 8:00 PM
Saturday	7:00 AM - 5:00 PM
Sunday	7:00 AM - 5:00 PM

### Contact Us

33 Morgan Drive  
Centerra Park  
Lebanon, NH 03766

RiverValleyClub.com  
(603) 643-7720  
ContactUs@RiverValleyClub.com

### Get Social

We use social media and our mobile app to communicate class cancellations, closings, promotions and specials from different departments, and other important Club information.



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6-7am	<b>Full Body Cond.</b> Studio 1 Nitzah Winter	<b>Spinning</b> Spin Studio Adrienne Pelton	<b>Vinyasa Yoga</b> Yoga Studio Roni Finkelstein	<b>Barre Mix</b> Studio 1 Marie White	<b>Cardio Pilates Mix</b> Studio 1 Niki Muckenhirn	<b>Spinning</b> Spin Studio Adrienne Pelton	<b>Full Body Cond.</b> Studio 1 Jolin Kish <span style="float: right;">NEW!</span>
8:30-9:30am	<b>BodyPump</b> Studio 1 Emily Cleaveland	<b>Full Body Cond.</b> Studio 1 Marie White	<b>BodyPump</b> Studio 1 Emily Cleaveland	<b>Pilates Mix</b> Studio 1 Niki Muckenhirn	<b>Forever Fit</b> Studio 1 Amy Fortier	<b>BodyCombat</b> Studio 1 Jennifer Karr	<b>Zumba</b> Studio 1 Jolin Kish
10-11am	<b>Forever Fit</b> Studio 1 Amy Fortier	<b>Barre Mix</b> Studio 1 Niki Muckenhirn	<b>Aqua Fit</b> Recreation Pool Eileen Saunders	<b>Active Aging</b> Personal Training Studio Jake Adams	<b>Barre Mix</b> Studio 1 Teresa Urnezis	<b>Pilates Mat</b> Yoga Studio Niki Muckenhirn	
12-1pm	<b>Liquid Sculpting</b> Recreation Pool Amanda Hamel	<b>Iyengar Yoga</b> Yoga Studio Suzanne Rendahl <span style="float: right;">NEW!</span>	<b>Forever Fit</b> Studio 1 Marie White	<b>BodyPump</b> Studio 1 Nitzah Winter	<b>Spinning</b> Spin Studio Jennifer Karr	<b>BodyPump</b> Studio 1 Jennifer Karr	
12-1pm	<b>Barre Mix</b> Studio 1 Teresa Urnezis	<b>Active Aging</b> Personal Training Studio Jake Adams	<b>Spinning</b> Spin Studio Jennifer Karr	<b>Spinning</b> Spin Studio Adrienne Pelton	<b>Kripalu Yoga</b> Yoga Studio Sue Kirincich	<b>Vinyasa Yoga</b> Yoga Studio Tomoko Liguori	
5:30-6:30pm	<b>Spinning</b> Spin Studio Jennifer Karr	<b>Cardio Dance</b> Studio 1 Amy Fortier	<b>Gentle Yoga</b> Yoga Studio Sonya Carter	<b>Aqua Fit+</b> Recreation Pool Donna Schlosser			
5:30-6:30pm	<b>Zumba</b> Studio 1 Jolin Kish	<b>Aqua Fit+</b> Recreation Pool Donna Schlosser	<b>Barre Mix</b> Studio 1 Teresa Urnezis	<b>Pilates Mat</b> Yoga Studio Niki Muckenhirn			
5:30-6:30pm	<b>Aqua Fit</b> Recreation Pool Eileen Saunders	<b>Pilates Mat</b> Yoga Studio Niki Muckenhirn	<b>BodyCombat</b> Studio 1 Jennifer Karr	<b>BodyPump</b> Studio 1 Emily Cleaveland			
5:30-6:45pm	<b>Vinyasa Yoga</b> Yoga Studio Roni Finkelstein	<b>BodyPump</b> Studio 1 Stephanie Coen					
10-11am	<b>Pilates Reformer*</b> Pilates Studio Teresa Urnezis	<b>Pilates Reformer*</b> Pilates Studio Marie White	<b>Pilates Reformer*</b> Pilates Studio Teresa Urnezis	<b>Pilates Reformer*</b> Pilates Studio Marie White		<b>Pilates Reformer*</b> Pilates Studio Niki Muckenhirn	
			5:30-6:30pm <b>Pilates Reformer*</b> Pilates Studio Niki Muckenhirn				

## NOVEMBER '22

### CLASS COLOR KEY

- Pilates Studio
- Recreation Pool
- Studio 1
- Yoga Studio
- Spin Studio
- Personal Training Studio

\*Please note that classes identified with an asterisk have an additional fee. To enroll in additional fee classes, please see Club Services or a Membership Coordinator.

Please note that Aqua Fit+ includes separate signups for the shallow and deep end of the rec pool.

